



A Guide to Stations of the Cross at Home.

What you need

What you will need in preparation for praying the Stations of the Cross at home.

1. Find a quiet, comfortable place to pray. One where you are unlikely to be disturbed.
2. On a shelf or table, place a white or purple linen cloth.
3. Place a crucifix and lighted candle thereon (Take care and ensure that the candle is safely encased)
4. Spend a minute or two to gather your thoughts and pray in silence for your intentions. You might use this time to read and absorb the reflection below.

You may do the stations while sitting down but there is one exception. The Twelfth Station is done entirely while kneeling. The following guides the supplicant in his response:

Leader: We adore you, O Christ, and we praise you.

Response: Because, by your holy cross you have redeemed the world.

(This is said while genuflecting to the crucifix)

As we pray and reflect on what the Lord went through for our salvation, let us also think on our situation during this time of nationwide lockdown and unite our anxieties, our pains and our worries with those of the Lord who knew full well what human suffering entails. Think of those less fortunate than ourselves and those souls who have died alone in this time of the pandemic. Let us ask God for mercy and respite from the suffering at this time.

Reflection on this time of prayer

The Blessing of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all.

There is a time for joy and a time for happiness; there is also a time for sadness and a time for reflection. Lent is a time for sadness and reflection, BUT ... with the joy of knowing that there is light at the end of this dark tunnel – Easter and the Resurrection!

Why should we experience *sadness* –

Well, sadness because of the suffering our Lord had to endure on our behalf ... the indignation and humiliation heaped upon Him by those He had come to save!

And *reflection* –

Because in this time of Lent, we should reflect inwardly on what we have done that has contributed to our Lord's suffering.

Every year in Lent, we Catholic Christians, take a walk of renewal, a walk of inward reflection inspired by the Passion of the Lord Himself.

It had not been that long before that day, when He had been *welcomed* and *hailed* on His entry into Jerusalem by cheers of '*Hosanna*' - the crowds waving palms and even laying their garments on the road, in deference to His greatness.

How *fickle* His people! ... How *fickle* ... we are!

Facing Pilate, who condemned Him to death, Jesus met his gaze with a steely silence – even Pilate recognised His innocence but was too weak willed to resist the wiles of the priests!

Jesus was scourged, had a huge wooden cross dropped onto his already broken back, and was forced to drag that 'tree' through the winding streets of Jerusalem on a route now known as the Via Dolorosa, to the top of that fearsome hill, Golgotha - Calvary – the place of the skull.

How he must have thought: - "My people, what *have* I done to you?"

When we hear ... act out ... or think of Jesus' arduous journey, do we not distance ourselves from the events of that day. Are we not placing ourselves on the outside looking in?

Oh, how wrong we are, how sad our Lord must feel - for He was showing us what *we are* when *we* pick up *OUR* cross and follow him!

Do we not place ourselves in the shoes of those cruel soldiers ... or in the cloaks of those mocking spectators every time we cast an indifferent eye over the poor, the homeless, the sick and the indigent?

How often have we made some foolish comment about ‘...how many more homeless people there appear to be these days at these intersections’ - without stopping ourselves in order to think and feel the compassion, that drove St. Veronica to wipe the brow of Jesus!

Do we not realise that our Lord’s climb to Calvary, ... is our climb too and His sufferings our sufferings as well? The Lord’s Passion was for our salvation, His death on the cross the culmination of His mission here among us. He took our sins upon Him in that by that tree, we might be free.

So ... pick up your cross and follow Him, through the pilgrimage of your life, imitating Him in all His compassion and love.

Opening Prayer

Leader In the name of the Father and of the Son and of the Holy Spirit

Person(s) Lord Jesus, we offer our prayers to you today for our world, our country, and our local community.

As we meditate on your sacred Passion, may we take the pain and needs of all humanity and

pray through your suffering for your creation:
your people who you love.

Lord, in your precious name we pray.

Amen

[Start the Stations of the Cross]